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Photo: Lillian Lane

Color of
the Year
2018

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Ultra Violet

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**Colour of the
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COVER: For the past 10 years, there's been no place like HOME in Saskatoon. Join us for a look back at some of our favourite stories on page 20. We can't wait to see what the next decade will bring.

SPRING 2018 Saskatoon **HOME**

HOME Front



Photo of Amanda Soulodre by Lillian Lane

Some people are 'purse people', others love their shoes or sneakers. My kids have a mountain of stuffed animals each with names and personalities that they love uniquely. Personally, I love hats.

In each HOME issue, you will see me with a chapeau perched on my head. I start most mornings by selecting my hat, then a complementary outfit.

You have no idea how proud it makes me to have a world-renowned milliner (hat maker) right here in Saskatoon! In fact, many of my hats are from Sheri at Sova Designs, each lovingly hand sewn. Sheri will often custom create hats for me, making them 100 per cent uniquely me, something no one else anywhere has. There is something very special about that.

I am often asked how many hats do I have? Until now I didn't have an answer. But for this special celebration issue, I have counted my hats and have a definite answer.

Fifty-eight. Yes, 58. I have cloche hats (my signature style), fedoras, wide brimmed, ball caps, and other styles to boot. Not included in this number are touques or fascinators. I feel they have their own category. Don't you?

In this issue, a few of the stories look at minimalism as a lifestyle, and I was reflecting on this as I dove in to write this note to you, my readers. I was thinking about the number of hats I own, and if they weigh me down or give me life. In our article on minimalism (pg. 34), I love how we delve beyond the traditional definition of minimalism. We explore the ways we

invest in items that hold an emotional connection, and divest ourselves of those that don't. For me, my hats (even though plentiful) do this for me.

I display them all on hat hooks throughout our master bedroom, and to me they are like art.

This issue is a very special one to me and to the whole HOME team. We have 10 years of publications—40 issues—in our collection. Looking back, we have shared some amazing stories about our city, stories that pull back the curtain to explore homes we may never set foot in. All of these are important pieces of what makes the city of Saskatoon what it is today.

Over the years, I've worn many hats, both literally and figuratively. I've gone from being a one-woman show to gathering a committed, talented team around me. And recently, my husband and I procured a new hat in the form of *Prairies North* magazine. We're very excited to add it to our collection. Saskatoon HOME is my passion. I love what I do, and I hope you enjoy reading it as much as I do crafting it.

Hat's off to Saskatoon! Raise your glass in a toast to another 10 fantastic years!

Happy reading,

AMANDA SOULODRE
OWNER & PUBLISHER

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HOME

SASKATOON

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READER PANEL

Thank you to our Spring Issue Reader Panel (seen below). The people on the Reader Panel change every issue and are made up of fans of the magazine who volunteer to help us select our stories. Their input allows us to select stories that people in and around Saskatoon look forward to reading each and every issue. Once story ideas are chosen, we then assign them to our team of talented writers—meet them online at www.saskatoon-home.ca.



“I volunteered to be on the Reader Panel because I like to support local entrepreneurs.

Carolyn Barton

Teacher



“I wanted to be on the Reader Panel because I like reading and learning about new things, and it's nice to help choose stories for a magazine while doing so.

Eric Brenna

*Medical Student,
University of Saskatchewan*



“My favourite stories to read in HOME are the historical pieces. Especially the ones about old houses.

Ila Markowski

*Mines Inspector,
OH&S*



“From artsy to homemade, from practical to spectacular, Saskatoon HOME magazine provides inspiration and unique ideas. #homegoals

Jackie Hunter

*Owner,
Elevate Leadership Development*



“I love stories that explore the hidden and not-so-hidden mysteries of our city and our history.

Rob Van Meenan

*Freelance Theatre Artist and Mattress Man,
Sleepers Mattress Factory*



“What I like most about HOME is that the stories are local and are stories I can relate to.

Vivian Cormack

General Insurance Broker

Interested in being on a future panel? Email: amanda@saskatoon-home.ca with 'Reader Panel' in the subject line.



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SPRING HOME HACKS



LÉO JOSEPH



LILLIAN LANE

The struggle is real. You spend an entire day cleaning the house, only to have the tornado of destruction you affectionately call your family destroy all your hard work in a few hours.

Remember a home is for living, so don't sweat the small stuff too much. To help you keep your sanity, we are bringing you the top home hacks to keep your house clean. (i)

Léo Joseph

So you've been binge reading back issues of Saskatoon HOME, and the creative juices are flowing. You decide to rearrange the furniture to create some feng shui, only to be stuck with ugly dents in your carpet where the couch used to be. Fear not, simply fill the dents with ice cubes and leave them overnight. Blot up the wetness with a towel, and use the edge of a spoon to help the fibres spring back to life.



Unless you are a retired Saskatoon Storm basketball player, you probably have some high-to-reach areas that are impossible to dust. Use a towel on the end of a broom, and you can chase those dust bunnies away.

"Housework can't kill you, but why take the chance?" –Phyllis Diller

When life gives you lemons... don't make lemonade. Use them to clean your bathroom. You can miraculously remove water stains to chrome finishes by rubbing some lemon against the surface, letting it sit. Then rinse with water.



Not just for fixing cloudy glasses, vinegar can also resurrect your microwave. Say goodbye to old food stains from the inside of the microwave by steaming before you scrub. Fill a microwave-safe bowl with 1 to 2 cups of water, 2 tablespoons of white vinegar and a few drops of your favorite essential oil or squeeze of lemon, and zap the mixture for five minutes. Wipe down all sides with a damp cloth and say goodbye to last month's lasagna splatter.

There's probably a scientific explanation, but we prefer to assume it's some sort of Hogwartsian magical phenomenon. If you apply vinegar on a paper towel, a cloudy dinnerware glass goes from shabby to shine.



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SELF-WATERING AND SELF-FERTILIZING

PETUNIA PASSION

Telka Grady works magic as a hairstylist. When it comes to the flowers in her yard, she follows the advice she gives her clients: a good trim does wonders. Telka is passionate about petunias and with self-taught know-how, she creates

the sort of showy floral fairyland sculptures you'd expect to find in the fanciful gardens of *Alice in Wonderland*.


"When I was younger, I never liked flowers. My mother always had a garden, and my sister would ask me

to help with hers, but I just wasn't interested," says Telka. It wasn't until she had her own home that the petunia bug bit. "They're just so beautiful," she says, explaining that it's only petunias that adorn her yard every year.

Petunia Power

With origins in South America, petunias are part of the Solanaceae family, so they're related to tomatoes, potatoes and chili peppers, even tobacco. In fact, 'petun' means tobacco in the Tupi-



 **KARIN MELBERG SCHWIER**

 **LILLIAN LANE**

Guarani languages of that continent. Who knew? Most petunias are hybrids; they come in vibrant primary colours but Telka gravitates towards the pinks, purples and rose hues.

Petunias are popular picks

by gardeners, but these aren't your ordinary annuals, and neither is what she does with them. By the time she's had her way, Telka's are more like sculpted globes. Last season, she put in Wave and Super petunias, and fell in love ➤

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Self-Watering and Self-Fertilizing 11



Those who pass by sometimes succumb to temptation and ring the doorbell. "One couple said they peeked through the gate and saw nine big planters," Telka says. "I said come on back and look. There are 26!"

with the latter because they grow an astonishing two feet high, four feet wide and 12 feet in diameter. From now on, it's Supertunias all the way. She put her order in with Clement Farms back in October.

Off With Their Heads

Just as getting a good haircut can lift the spirits of her clients, so it is for Telka's petunias. One secret is to "trim, trim, trim!" to avoid the long, lanky branches and dead centres that sometimes show

up in annual flowers by July.

"I do it all season long. You can't be afraid to cut back. I don't take more than about 20 per cent. Deadheading is really important, too. Most people just pull off the blossom, but you have to do more than that,"

Telka says. A claw holds the blossom to the stem, similar to a diamond in a ring setting. That claw and the stem that goes with it has to be trimmed off, too. If you do it right, you'll see new growth at that point on the stalk. That's what ➤



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Though Glen created the 'touch of a button' system for watering and fertilizing, Telka still likes to exercise her green thumb. "I love working with my flowers, trimming, deadheading, shaping them. It clears my head. And it's always good to sit on the back deck with Glen with a cold beer and admire the girls."



promotes new blossoms and you get a plant that's full and showy."

Mother-Daughter Competition

Each spring for Mother's Day, Telka buys petunias for her mom Martha Kapeluck, 81, who lives in Wadena. Martha still mows her own grass and tends a garden. Throughout the season, mother and daughter compare petunia progress.

"Mom always asks, 'How are your girls?' and she talks about them—and to them—as if they're sisters. I buy them all at the same time and ➤

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I get her about 75, enough to do her 20 pots. If hers are doing better in the spring, I go out and tell mine that their sisters in Wadena are kicking their ass a little bit. 'Gramma's coming to visit so you'd better smarten up.'"

Telka's mom is "old school" and does all her watering and fertilizing by hand with warm water, and accuses Telka of having an unfair advantage. Telka's husband Glen has devised a self-watering and self-fertilizing system (see sidebar) that ensures the Saskatoon sisters turn into "nice chubby girls at their peak in July and August." Ultra Bloom is her fertilizer of choice and good feeds of iron ensures sturdy greenery that will withstand the weather.

All Good Things

"Even with our watering and fertilizing system, I ➤



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DIY HOW-TO SELF-WATERING, SELF-FERTILIZING SYSTEM

Glen Grady, a territorial sales manager with Great Western Brewing Company, is a pretty handy guy around the house. He's also someone who appreciates the value of a cold beer on a hot summer day while the watering and fertilizing takes care of itself. With Telka's penchant for petunias—and lots of them—Glen designed and installed the robot equivalent of a gardener who handles all that plant care. He shares it with HOME readers. Cheers!

- We purchased a battery-operated watering timer. It's very similar to regular underground sprinkler system.
- We used ½ inch pvc water line, and ran it under the rocks, tunneled under the curbing and ran it in the ground where needed. In total, we ran about 150 feet.
- A water pressure reducer was installed.
- From the ½ inch pvc, we used ¼ inch pvc which is a lot more flexible. We ran the ¼ inch pvc in the rock and drilled through the bases of each plant stand to run the tubing up to the top of each planter. Then we used T's to have 2 or 3 or 4 drip soakers in each of the plants (the number depended on the size of the pot) to ensure good coverage. We use the red ones which allow 3 gallons per hour. But we only run ours 10 to 20 minutes depending on the time of the season, how hot it has been and what the forecast says. You will know how to adjust by the amount that should leak through your plants. We prefer just small amount of leakage to ensure a good soak, but not under or over water.
- We next installed a fertilizer infusion unit. The fertilizer concentrate is mixed with water in a bucket; instructions will come with the unit. A mixed 5-gallon pail will last a month.
- The water flows through this unit and the amount released is controlled. The flow works by capillary action, which means no batteries or power are needed.
- The fertilizer can be shut off by simply removing the feeder tube from the bucket.
- If you use a lower concentrate, you can safely fertilize each time the plant is watered.
- You can program the battery-operated watering timer to set a different length of time and also the particular days to water. If you want to change those parameters, you press a button to return to the preset details.
- One press of a button and the watering and fertilizing is done.



still spend a lot of time with my girls, trimming, touching up." Telka laughs. "To me it's not work. It's therapy. I get pretty sad in the fall after five months with them. In October, they all go to Petunia Heaven." But, she adds brightly. "That's the same month I put in the order for the spring!" 🌸

Karin Melberg Schwier



A ½ inch pvc water line was installed under the rocks, and spliced to a more flexible ¼ inch pvc line that feeds into the planters, to deliver water and fertilizer on a timer system.



Striving for beauty without the maintenance, Telka and Glen also have a robotic lawnmower to take care of the grass.

A LOOK BACK OVER 40 ISSUES NO PLACE LIKE HOME SINCE 2008



KARIN MELBERG SCHWIER

Read original stories at
www.saskatoon-home.ca/10years

MMVIII. It was a leap year. The eighth year of the third millennium. Barack Obama became the 44th president of the U.S. Brad Wall was our premier, Don Atchison our mayor. Our own pole vaulter Kelsey Hendry headed to the Summer Olympics in Beijing. Métis author Maria Campbell was inducted into the Order of Canada. House prices jumped 45 per cent and Saskatoon's gross domestic product (GDP) grew by 5.4 per cent, making

us the fastest growing city in the country. 'The Founders,' a sculpture of John Lake and Chief Whitecap was unveiled, and Phase I of River Landing officially opened. The global financial picture took a real kicking, and the province was alarmed by national obesity stats and targeted 'youth couch potatoes' in Saskatchewan. Ironically, 2008 was also named the International Year of the Potato.

HOME Launched Spring 2008

It was also the inaugural year for a new magazine in Saskatoon. HOME was designed to inform and entertain readers about this place we call home, each issue a snapshot of the present city, a look back into our history, and a glimpse at interesting and innovative décor, renovation, building and design. In this, our Spring 2018 issue, we celebrate a decade

by highlighting ten of our most popular—and some of your favourite—HOME stories. And we bring you an update on each.

Where Are They Now?

As hard as it was to narrow down, here are 10 stories we wanted to have a look at again, and let you know what's happening now.

HOUSE ON VICTORIA AVENUE FALL 2013

Yep, it's still pink! Owners Simone and Cam sold and moved to Winnipeg in 2014. The current owners, Saskatoon born and raised Shantelle Tufts and Brian Bauer, along with Mabel, their Old English Sheepdog, still enjoy the first rosé blush of this home ownership. Brian, a process technician with Cargill and Shantelle, officer manager at All in the Wild art gallery, say the pink stays. "We have no plans to paint it anytime soon," says Shantelle. "We love that the house stands out, and we've done some painting inside that's as much fun as the outside." That includes a metallic living room with flecks so when the sun shines, all that's gold glitters.



LANEWAY HOUSING FALL 2014 AND 2016

Jeff Nattress and Shannon Bray love their light-filled, modern garage suite that sits amid the treetops in North Park. They were the first to build such a dwelling when the City of Saskatoon approved garage and garden suites in 2014. Despite significant interest from residents, costs and other challenges have led to limited numbers, and only eight permits have been issued since the program's inception. Local building and design professionals are hoping to turn things around in 2018. They've put forth several recommendations for the City to consider this spring, such as removing the requirement that the garage suite be smaller than the principal residence. "If the changes are implemented, people will have more flexibility in what they

can build and it will give them opportunities to save money on build costs," says Jeff. "I'm really excited for these potential changes because they remove some of the barriers people have been facing when trying to build a laneway house."

SASKATOON'S SUNSHINE POWER SUMMER 2010 AND 2016, FALL 2017

New in the solar space is that the City of Saskatoon partnered with the SES Solar Co-op, the Saskatchewan Environmental Society (SES) and SaskPolytechnic on a 92-panel Solar Demonstration Site at the Landfill Gas Generation Station, and has been gathering data daily. It was a development supported by Council even before Mayor Clark was elected. "Charlie is very enthusiastic and really wants to see solar become a bigger part of the electricity mix for Saskatoon," Peter Prebble, President of SES Solar Co-op explains. "Under Charlie's leadership, City Council has set a 15 per cent greenhouse gas reduction target for our community over the next six years. Solar can play a significant part of that. There are dozens of things we can do to cut pollution levels, but one very practical thing is to install a lot more solar." Prebble says the vast landscape of

flat rooftops on Saskatoon's commercial buildings could be turned into mini solar farms. The Co-op has since partnered with Montgomery Agencies on an 80-panel solar installation at 615 Haskamp Street. This spring, the Co-op is part of a partnership with the SES, Radiance Cohousing, the City, the Saskatoon Car Share Co-op, Sun Country Highways and the Saskatchewan Research Council on a demonstration project that will run at least four electric vehicles on solar power.

PERMACULTURE—THE EDIBLE YARD SPRING 2015

In Spring 2015, we talked to Heather Lake and Jon Henderson about their unique landscaping. They'd replaced the grass with perennial plants, fruits and vegetables. Called permaculture, their edible yard is still going strong. They've made strategic choices with their planting decisions and have found the right balance. They've also inspired neighbours to give it a try, with several front yards in their area undergoing similar transformations. Permaculture is all about community. The yards are built through "permablitzes" where a group of people get together

to dig and plant the new yard. Alecia Iwanchuk with PermaSask says they've been scheduling about three permablitzes per year. There's demand for more, but the specialized designers only have so much time. "The problem is not lack of interest, but rather a limited number of designers," Alecia said.

THE QUEST FOR AFFORDABLE HOUSING FALL 2008



Lesley Anderson, City of Saskatoon's Director of Planning and Development, says the City is focusing on the implementation of Saskatoon's Homelessness Action Plan, led by the Saskatoon Housing Initiatives Partnership (SHIP). In 2012, the City adopted a 10-year Housing Business Plan. "The goal in 2012, and before that as well, was 500 units per year of attainable housing of varying types. Between 2013 and the end of 2016, we have achieved 2256 new units," says Lesley. "This has leveraged a significant amount of Federal and Provincial funding, as well as the efforts of many community partners such as non-profit organizations to help the meet the needs of lower income residents in Saskatoon." Lesley adds that money approved in the City's 2018-19 budget will support projects for people at risk of homelessness. The City is monitoring developments from the National Housing Strategy to take advantage of new Federal government options. She encourages HOME readers to visit the Saskatoon.ca website and search for the *Status Report on the Housing Business Plan and the Saskatoon Homelessness Action Plan*.



LIVING DOWNTOWN FALL 2010

City Council adopted the City Centre Plan in 2013 and Lesley Anderson says there have been many changes based on that, including some zoning regulation changes and incentives. "We also updated the 21st Street streetscaping this past year, and made a number of smaller urban design changes to update and improve the public spaces downtown." The City is concerned with higher office vacancy rates. "Part of this is because new office spaces have been built and older spaces have been vacated, but it is also partly because some businesses have chosen to move out of the downtown area. We need to address that." Planning and Development is working with City Council, and in particular Mayor Charlie Clark and the lead for the downtown, Councillor Cynthia Block, as well as Downtown YXE. "We've been working on a strategy to pilot some new and exciting smaller projects in the downtown in 2018." Regarding people living in the downtown core, Lesley has said the city's goal is still to increase the number of residents downtown, although they have not had much growth in this area. "The downtown is a key area of focus and effort for us."



BACKYARD RINKS WINTER 2012

The winter of 2012 was a hard one for hockey fans. The NHL had locked out the players, and fans feared another cancelled season. But our love for the game endured and we made our own fun. Five years later, the backyard rink sensation in Saskatoon continues to grow. Rink kits and liners are now stocked at our local department stores, and if you peek over your neighbour's fence, you shouldn't be surprised to see kids carving up the ice, sniping bar downsks and practicing celeys.





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NEW NEIGHBOURHOODS SUMMER 2013

Saskatoon's population continues to grow. With that, new developments flourish. This chart shows the status of residential development in each of these newer areas, based on the number of building permits issued by the City.

Statistics from February 2018					
Neighbourhood	Single Family	Multi Family	Total Est. Single Family	Total Est. Multi Family	Overall Buildout %
Willowgrove	1,758	1,023	1,763	1,023	99.8%
Stonebridge	2,634	1,584	2,655	1,815	94.4%
Hampton Village	1,842	704	1,851	744	98.1%
Rosewood/The Meadows	1,355	515	2,731	1,532	43.9%
Evergreen	1,649	1,390	1,753	3,691	55.8%
Kensington	616	337	1,708	1,741	27.6%
Aspen Ridge	151	0	2,177	2,464	3.3%
Brighton	316	46	2,744	2,763	6.6%
Greenbryre	Entering Phase 3 of 6. Greenbryre Estates 30% completed.				
The Willows	Phase 3 coming soon.				



ARCHITECT AND ARTIST'S RURAL RETREAT— 3 PART FEATURE

SPRING, SUMMER AND FALL 2011

Architect Heney Klypak and textile artist Gwen Klypak designed and built their rural home within sight of Wanuskewin Heritage Park. Deeply influenced by the 'site responsiveness' in Frank Lloyd Wright's Fallingwater and Richard Neutra's simplistic modern design used in his Kaufman House, Heney and Gwen created this dramatic home overlooking a ravine. Seven years later, the Klypaks report they wouldn't have done anything differently. Unable to choose just one of their favourite elements, first place goes to the quality of the light from all directions.

The house was oriented facing southeast. Second prize is the untouched natural prairie and creek. "What we did not expect was the property is more than a great view. This setting has revealed to us the delicate balance of nature that goes on in front of our eyes," Heney says. "We feel so integrated with nature here and we're provided us with a daily experience that is always changing in each season. And the simplicity of the home with abundant windows for light and view has disciplined us to not generate clutter."



TINY HOMES: AN ESSENTIAL GUIDE

SUMMER 2014

Tiny homes, the next big thing, are "a response to the challenges of affordability and environmental concerns" according to the 2016 discussion paper, *Tiny Houses in Canada*. A 'tiny house' is a 'single dwelling unit intended for year-round use' with 'a maximum width of 8.5 feet and a maximum floor area of 400 square feet.' Today, the *Tiny House Saskatoon* Facebook group has over 800 members. The site features relevant links, current news and discussion forums. Since our 2014 article, Saskatoon's first tiny house was built on a foundation in Caswell Hill in 2017.

The First Decade

Ten years and 40 issues later, we at HOME thank you for your dedicated readership, and for your patronage of the advertisers featured in our pages. We love to hear your story suggestions, and if you'd like to help shape the content of an issue by being on its reader panel, please get in touch.

Here's to another decade of celebrating what makes Saskatoon shine. Visit www.saskatoon-home.ca/10years to read all of the original stories online. (H)

Karin Melberg Schwier

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A PARTY HOUSE TO REMEMBER

1883 TROUNCE HOUSE



Alley view of the Trounce House in 1988.

 **JEFF O'BRIEN**

Photo: City of Saskatoon Archives - 1003-810

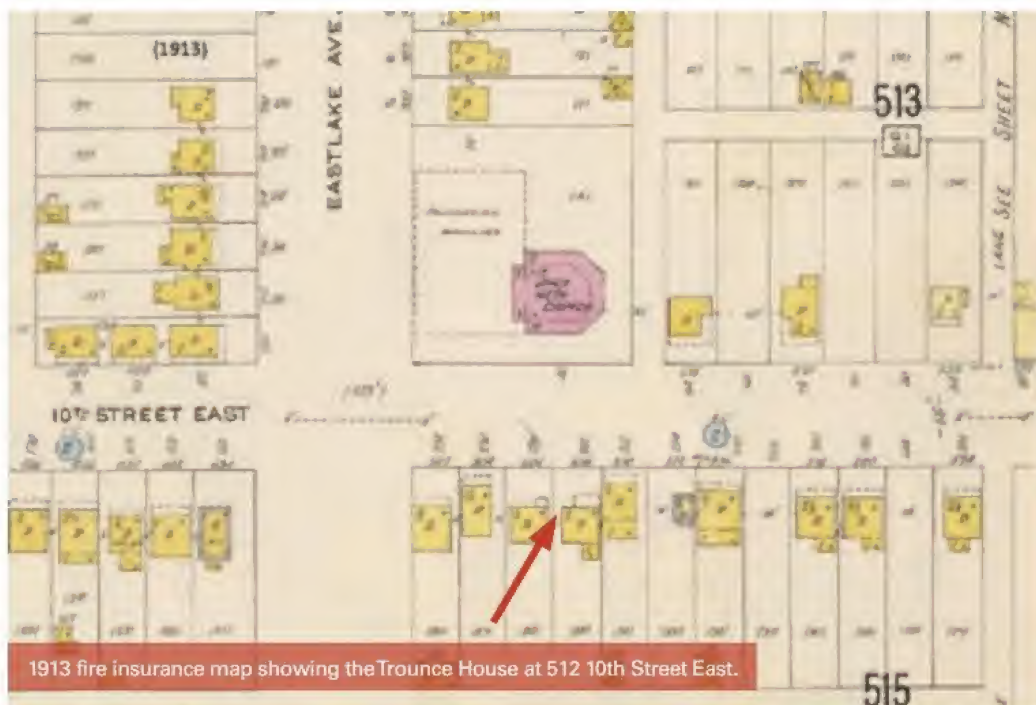
In the summer of 1883, a group of Swedes rafted a load of lumber down the South Saskatchewan River to Saskatoon. It was a difficult trip. The river was shallow and full of sandbars, upon which the Swedes and their

cargo spent much of their time stuck. The wood, when it finally arrived, was badly grooved and full of sand. But it did arrive, and that fall local carpenters used it to build the first permanent houses in the new colony.

The sixth and last of them was the Trounce House, on 10th Street just west of Broadway. It was humble, even by Temperance Colony standards: 16 x 20 feet with three small rooms and a loft above. But it was to become Saskatoon's original

party house—the beating heart of the Temperance Colony social scene—and unlike the other five, it still stands, still on the same lot where Archie Brown and Bill Horn built it 135 years ago.

It was actually built for ➤



1913 fire insurance map showing the Trounce House at 512 10th Street East.

Photo: City of Saskatoon Archives



John J. Conn, who came to Saskatoon with the first group of settlers that spring. But he never lived in it. Instead, he sold it to the newly arrived Harry Trounce family the next summer for \$416—the very

first real estate deal in the colony and a pretty sweet one for Conn, particularly since it was an unfinished shell.

The Trounces were, by all accounts, educated, sophisticated and inclined to music

and the arts. W.P. Bate, who arrived in Saskatoon a couple years later, recalled Harry Trounce as “an Englishman of some means,” and they rate a mention in every homesteader reminiscence of Saskatoon

ever written. Most importantly, Bessie Trounce wrote regularly to her family back in England, and those letters are now in the Saskatchewan provincial archives.

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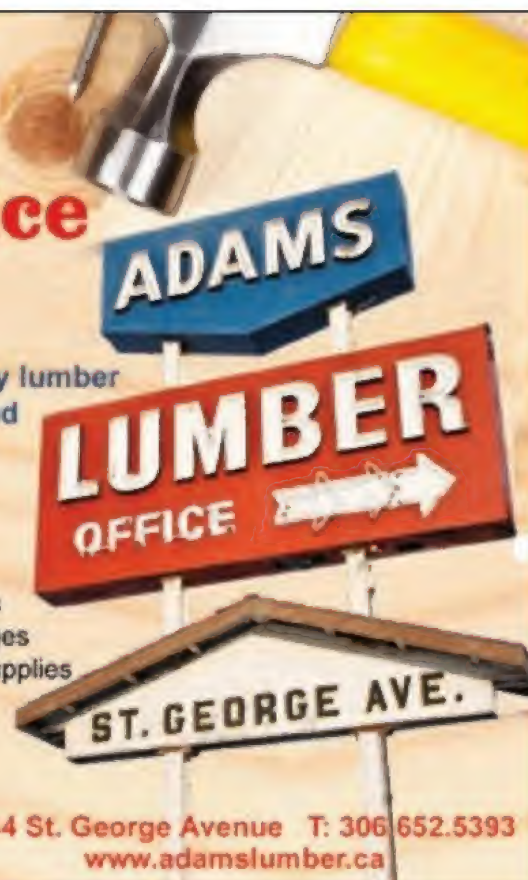
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Tenth Street East in May 1910, showing the Trounce house, by then a laundry, in the background.

Photo: Courtesy of the Western Development Museum - 4A51

lath and plaster the interior and add storm windows, making the house habitable in the cold winters. One of Bessie's letters includes a rough sketch of the house, showing two small bedrooms side-by-side off the large front kitchen/dining room, which contained a table and three chairs, with cupboards along one wall and two doors leading directly to the outside.

The Troupes hosted Christmas and New Year's parties, put on dramatic productions and kept busy with things like choir practices and music lessons. But they were especially known for their parties, which always featured music and singing (with Bessie playing the piano), as well as games, stories and other amusements. But no booze! Even New Year's Eve in Saskatoon was a dry affair in those Temperance Colony days.

Their first Christmas, 1884, they packed 16 people into the tiny house for supper and a party, including the young bachelor homesteaders from the district who didn't have any other family to celebrate with, three local girls and the Troupes: Harry, Bessie and

their children. Most of the work of preparation fell to Bessie, although Harry is reported to have swept up that morning and brought in snow to melt for water and wood for the fire. Supper was mince pie, jam and apple tart, blanc mange, two beef steak pies ("as our beef is tough cooked in other ways") plum pudding, currant biscuits, bread and butter, boiled and roasted potatoes, cream, coffee and tea. The party went until 2:00 in the morning. "Our Christmas day was very quiet," Bessie reported in her next letter. Small wonder!

Others recalled dances at the Trounce house, with the furniture pushed back and John Conn scraping industriously on the fiddle as the people of Saskatoon danced across the creaking floorboards. "What squeak was not inherent in the fiddle," recalled Gerald Willoughby, "John scraped into it, but he knew a tune for every dance." Willoughby also tells of the night he and William Bate climbed up into the tiny loft above the house and "changed the places and clothes" of the babies sleeping there while their mothers ➤



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Photo: City of Saskatoon Archives - 1003-809

danced below. "I do not care to dwell upon the aftermath," he added, the memory apparently still painful a half-century later, "save that we learned to leave babies alone—if we must face the outraged mothers afterward."

In July 1885, they built a small addition on the front in which they opened a store—Saskatoon's first, not counting the one J.H.C. Willoughby ran out of a tent in 1883. Initially, it was quite successful. But a slowdown in the economy brought tougher times to Saskatoon, and then in May 1887, Bessie Trounce died after giving birth to a daughter. Harry closed the store and

returned to England, leaving the three children with friends. Within a few months, he too was dead—of bronchitis or pneumonia, or perhaps a broken heart. The children were fetched back to England. The Trounce store closed.

For the next few years the house either sat empty or was rented out, including to Robert W. Caswell, who re-opened the store briefly in 1893. From 1908–1920, it was mostly vacant. The 1910 city directory lists a clothes cleaning and pressing business there, and in 1911 two labourers named Frank and George Jakes lived in it. Otherwise, it was untenanted. ➤

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At some point, the storefront addition was removed. In 1920, a piano teacher named Lyell Gustin built his house and studio there, moving the Trounce's little house to the back of the lot, where it became a garage.

There it sat for more than sixty years, unmarked and unregarded. In time, it disappeared from history entirely, its precise location forgotten. But in the 1980s it was re-discovered thanks to the painstaking detective work of Donald Irvine, a local historian. His subsequent article in the journal *Saskatchewan History* brought the building to the attention of the Municipal Heritage Advisory Committee, and in 1989, both the Trounce House and the Gustin House were protected as municipal heritage properties.

In 2007, the House was very gently picked up and moved onto a newly-poured concrete pad a little ways back from the alley to keep it safe from vandals and to protect it from the ravages of time. In the interim, the roof had been re-done, and in 2007, replica windows, exact duplicates of the 1883 originals, were installed, and the badly rotted lowest rows of exterior siding replaced. Otherwise, the exterior is unchanged. Inside, the interior walls had been left intact, and so traces of Bessie Trounce's original paint and plaster can still be found there.

No restoration work has been done since 2007. But while the house is currently closed to the public, it remains a legacy of our city's earliest days, on its pad just a few feet from where it was built all those years ago. (i)

Jeff O'Brien



Crews work to raise the Trounce House prior to moving it, May 2007.

Photo: City of Saskatoon Archives



Trounce House from the alley showing graffiti damage, prior to moving it in May 2007.

Photo: City of Saskatoon Archives



Interior view of the Trounce House, May 2007.

Photo: City of Saskatoon Archives



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REDEFINING MINIMALISM

TODAY'S MODERN FAMILY DOING WITH LESS

The term minimalism, or minimalist, has expanded from a concept into a lifestyle movement. For many, the thought of living minimally seems restrictive, with a long list of items you can't have or expectations of how you must be. If you think of minimalist design as impractical and only

for tidy, austere households where no one has fun, you couldn't be further from the truth.

The minimalist lifestyle movement is gaining popularity in Saskatoon, with homeowners taking the time to design customized homes that suit their mini-

malist ideals. Jade Gulash is a prime example of how one family has embraced the journey together.

Creating A New Definition

"I think there are quite a few different ways to define minimalism," says Jade. "Traditional minimalist design

includes the use of white space and lots of neutrals which, given my marketing background, I appreciate. White space helps to frame what you want the eye to be drawn to."

Given that Jade is a mother of three—Hayden (six), Kalleigh (nine) and Chelsea (17) with a

Warm, organized and filled with items that reflect a personal life, are all features of a minimalist style.



Your new front yard



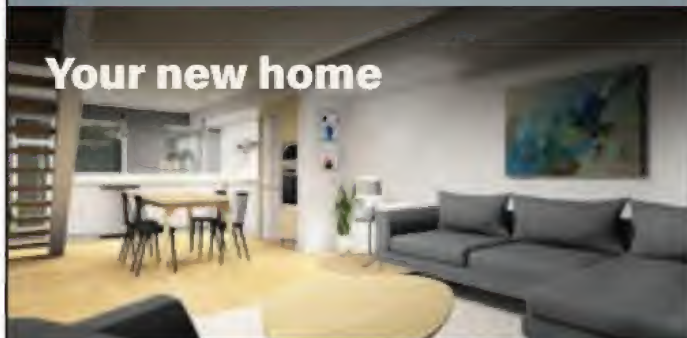
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 **KRISTA MARTENS**

modern, bustling family life, she feels that the traditional definition is a bit narrow. She prefers the intentional use of colour in her space. "It totally has a place in my version of minimalism because it makes me incredibly happy. It may not always be trendy or in the traditional definition, but in

my home, it's more about the emotional connection."

Jade also sees organization as one of the defining factors in minimalism. "I am drawn to clean, organized spaces infused with personality. If everything in my home has a meaning, a purpose and a place, I feel at peace." ➤



Clean, organized and sparse—just a few elements of traditional minimalist design.

Journey to a Simpler Life

Jade and her husband Dustin live near Saskatoon in Warman. Not long ago, they moved into their fourth home in the community, the third where they were involved in the design of the project. As the family grew and their needs and desires evolved, so did their home design.

"We went from a 1,300 square foot bungalow when we were first married to a 2,200 square foot two-storey just a short time after our son Hayden was born. I was so excited initially to be moving into more

space. But after living in it for a few years we realized that we were spending so much time on the upkeep of the larger home, we craved the more intimate, cozy connections we had in our smaller home."

Ultimately, the Gulashes made the decision to transition back into a smaller home, this time a 1,500 square foot raised bungalow. They spent many months determining the ideal room sizes for their family, planning out every detail of their new home. "Every room is sized appropriately for us. It isn't extravagant,

but it is cozy, fits our lifestyle and we absolutely love it!" Jade beams with pride as she explains. "Some nights I sit on my couch and look out across my main floor and feel an overwhelming sense of gratitude. Everywhere I look, I can see something that has a connection for me. Photos of the kids on the walls, art from school, just everything."

As a family they also undertook a major purge before moving into a smaller space. "We had so much stuff," Jade admits. "I had held onto items from when I did event plan-

ning just in case someone needed them, but I realized I didn't need to be responsible for so much that wasn't being used. So, we decided to sell as much as we could."

Jade and Dustin found a creative way to get their children involved in the task of purging, something children typically are not on board with. "We set up a vacation fund jar, the money from everything that was sold would go into the jar with the intent of taking ourselves on a trip where we could create lasting memories. The kids got into it then!" ➤



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Jade recalls the kids getting so excited when someone would pick items up that they would clamour for the chance to put the money into the jar. "It became a daily routine. How close we all were to our goal? It felt so good to be free of the burden of all those items we weren't using." The family plans are now in the works to take that trip next year.

Challenges of Minimalist Living

The Gulash family still faces many challenges as they define a minimalist way of living. The first of which is how to live minimally with children.

"Kids love stuff," says Jade. "Our daughter Kalleigh is incredibly artistic and becomes quite attached to her projects. She keeps everything, knowing she can and will most likely turn it into art at some point." Jade had to devise a strategy to handle this. "We now have an

art drawer in our home. When the drawer becomes full, it is then up to the kids to determine what goes in order to make room for the new items they have created. It works great; it puts the decision back into their hands, and they can take a bit more ownership of the decisions. It's so easy for kids to get more and more when they don't have to give anything up."

Jade says she has also created a memory box for each one of her kids. They put the most meaningful pieces into those for safe-keeping. "In most cases, it's the little things that make up who they are, like art with their little hands, or a drawing that captures their personality."

Those who have embraced this lifestyle know another challenge is the belief that more material wealth will bring a deeper sense of fulfillment. "This community still ➤

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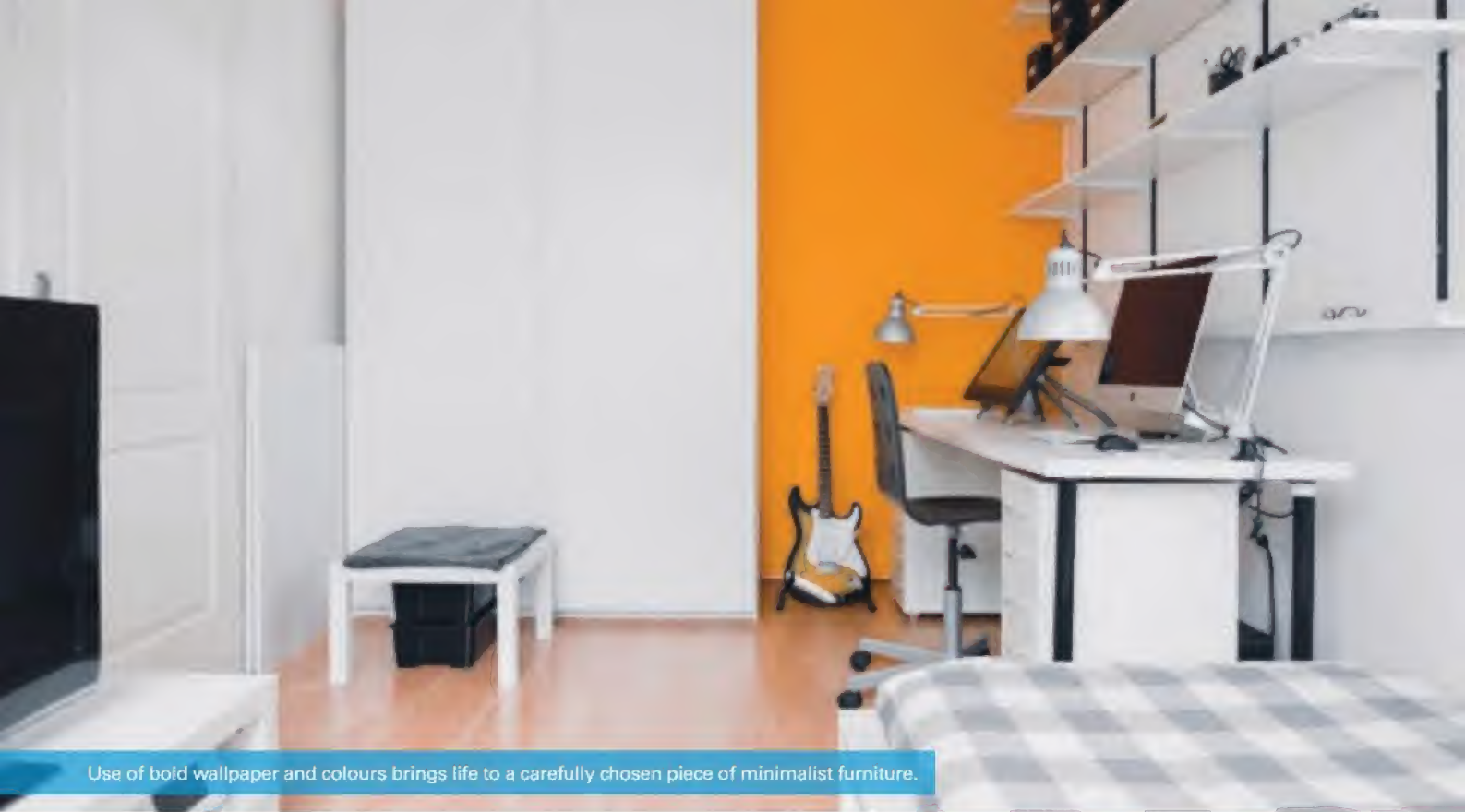
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has a small town feel we love, but you most certainly fight against the urge to constantly compare our life to our neighbours. It's draining when you put so much effort on trying to outdo everyone with homes and toys. It's a hard habit to break, but it's one our family is working on."

Minimalism is about making conscious decisions for your life. It's the freedom to choose

those items that infuse your lifestyle with incredible joy. It isn't necessarily about the removal of things. Rather, it's the reconnection to what is most important in your life—friends, family, relationships, passions, contributions, health and then having the courage to design how you want to live. 

Krista Martens

WORDS OF WISDOM

Adopting a minimalist lifestyle can seem intimidating. Many think that it is an all-or-nothing approach. Jade shares four tips for fellow homeowners to get started on a minimalist lifestyle today.

Storage "We designed our home to ensure we had closet space. Even though we have less closet space now than we did in our last home, these are almost empty, mainly because we purged so well before we moved. We continue to get rid of items that aren't serving our family needs."

Visual Audit "I ask myself, what is giving me a stressful vibe? Then I look at what I could potentially do to reorganize that space to make it feel better. Visual clutter creates mental clutter, not something I have a lot of time for."

Practical Finishes "One design decision we made in our home was to go with one flooring throughout the entire main area. It's practical and has made for easy clean up because, let's face it, kids are messy sometimes!"

Self-compassion "We get caught up in wanting our homes to look perfect. It takes time to build a room that really reflects who you are. You can't go out on a weekend and buy a whole new room. It takes much more time for a space to really connect with me. We have to show ourselves some compassion and stop the comparison."

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ASHLEIGH MATTERN



LILLIAN LANE

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As a 2017 new year's resolution, Meg Dorwart gave herself a 30-day challenge to go zero waste, and she kept that promise. Almost a year and a half later, she's still zero waste.

She doesn't buy anything that is in a package; she doesn't buy anything she doesn't need. All of her garbage from the past

year would fit into a small bin, she says. "Borrowing things is huge in my lifestyle, so when the Library of Things came up, it fit perfectly into my idea of what kind of city I'd love Saskatoon to be."

Meg is the coordinator of Saskatoon's first Library of Things, a library that lends

items instead of books, located in the basement of the Better Good on Broadway. To her, the Library of Things is as much about community as it is about sustainability. Its benefits are threefold, reducing waste, reducing the everyday cost of living and building a sense of community.

How Does it Work?

This concept can be found in other cities, with most Libraries of Things charging a fee for membership, but Saskatoon's is entirely free. They're able to offer the service for free because it's entirely volunteer run, and the Better Good donated the space where items are housed. ➤

There are Libraries of Things in several American states, as well as in Germany, England, Netherlands and elsewhere. Many of these are housed in traditional book-based libraries.



The library is open for pick-ups noon to 5 p.m. every Saturday. You can reserve items online (www.libraryofthingsyxe.myturn.com) and return your borrowed item any time during the Better Good's regular hours. There are no late fees, and no set amount of time for borrowing, but the most popular length

of time for rentals is one or two weeks. You can borrow for however long you think it will take to do your project.

"You can discuss with the volunteer the amount of time you need. If it's reasonable, we'll give it to you," Meg said.

Share and Share Alike

The first libraries of things

were founded in the 1970s. They're part of the sharing economy, a democratized marketplace where everyone has the same access as everyone else. This collaborative consumption should be familiar to anyone who's been to a garage sale, flea market or second hand shop.

But the sharing economy

model is gaining unprecedented traction through social media and the Internet, bringing people together more easily than ever before.

What Can You Borrow?

Meg says all sorts of people use Saskatoon's Library of Things. Artists borrow tools for projects, many people borrow



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Choosing not to buy that thing when you can borrow it is a way to keep your life simple, and save money in the process.



kitchen items, families borrow board games and puzzles. The store Joyne, across the street from Better Good, borrowed a photography lightbox to take photos of the products they were selling.

They opened for borrowing in September, and Meg says they lend something out every weekend. "It has been quite

successful; it showed us that Saskatoon wants this. Everyone is excited about this. It's free, so it's accessible to every person in this city."

Their most popular item over the winter was the food dehydrator, but the items in demand might change depending on the time of year. During the summer, she expects ➤

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Saskatoon's Library of Things is located in the basement of the Better Good on Broadway Avenue (down the stairs at the back of the store).

BY THE NUMBER AT SASKATOON'S LIBRARY OF THINGS

(at time of publication)

299 tools

68 kitchen gadgets

37 sporting goods

27 toys and games

25 electronics

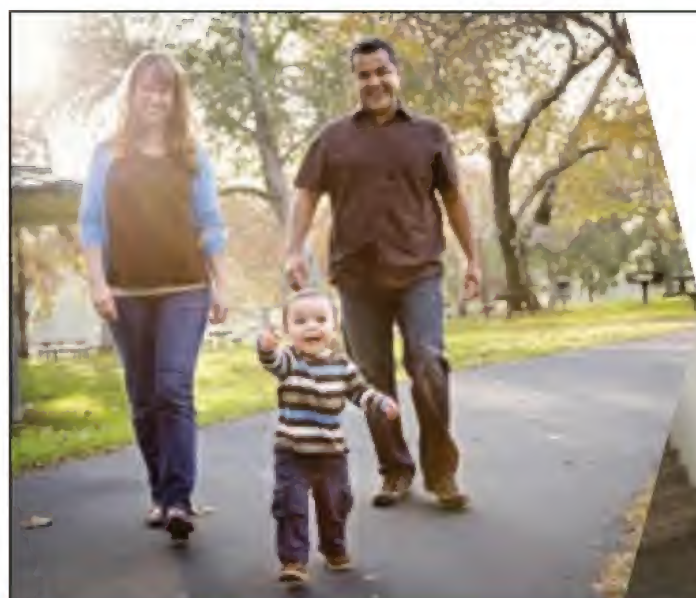
9 pieces of furniture

2 decoration kits

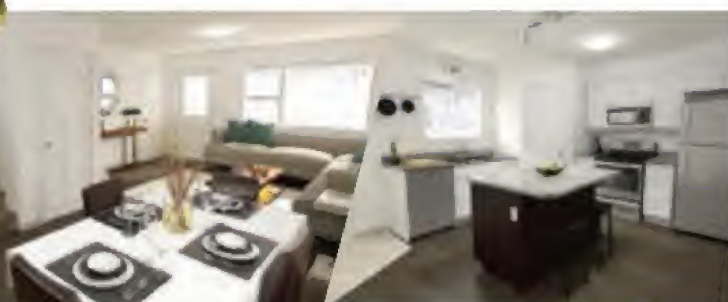
2 sewing machines

there will be higher demand for the camping items. Other popular items borrowed include a juicer, sewing machine, iron and tools. "It'll be nice to be open for a full year to see what different seasons are like."

They're looking for specific items to add to the library, so contact them to see if the item



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"Our houses are filled with stuff we don't use that often

or don't need to begin with," Meg said. "Minimalism, decluttering—it feels nice. It's nice to not have stuff in our house."

She hopes to see people's view of stuff change. She imagines a world with no storage rooms. Instead, she envisions a library of things in every neighbourhood with

all the basic items you need. "Ask neighbours, friends and family; ask people you know first before purchasing something," Meg said. "It just seems to make sense." (H)

Ashleigh Mattern

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COLOUR OF THE YEAR 2018

ULTRA VIOLET IS 'DRAMATICALLY PROVOCATIVE AND THOUGHTFUL'



 **KARIN MELBERG SCHWIER**

Never mind that Prince and David Bowie reportedly loved purple. You can now feel vindicated if you once painted your dining room this colour when everyone said it was just too, well, purple. This year's Pantone's Colour of the Year is actually 'Ultra Violet.' A rich, saturated purple that has eggplants everywhere rejoicing.

"The vast and limitless

night sky is symbolic of what is possible and continues to inspire the desire to pursue a world beyond our own," according to Leatrice Eiseman, executive director of Pantone's Color Institute. Pantone people are the ones who determine the trending colours for the coming year, including the annual "it" hue. She recently said this year's choice conveys "originality and ingenuity...

a distinctive and complex purple shade that fascinates and intrigues."

Coming Up With the Colour

For the past 18 years, the colour experts with the Pantone Color Institute, based in New Jersey, forecast global colour trends and advise on colour in brand identity and product development, fashion, media and corporate identity.

This is no dartboard selection process. Colour trend analysis and selection are big business. If you don't believe this, pay attention over the coming weeks and see how often Ultra Violet starts finding its way into your own home décor and wardrobe.

Lee speaks annually with Saskatoon HOME from her office on Bainbridge Island near Seattle about what's ➤

THE COLOUR PALETTE FOR SPRING 2018

Ultra Violet has a few close siblings in the 2018 palette: **Cherry Tomato**, **Ash Rose**, **Spiced Apple**, **Pink Lavender**, **Almost Mauve** and **Rapture Rose**. The palette and choice for Colour of the Year influences what consumers will notice across multiple industries in the coming months.

17-1563 Cherry Tomato Impulsive Cherry Tomato is a tempestuous orangey red that exudes heat and energy. Demanding attention, this courageous, never to be ignored shade is viscerally alive.

18-4043 Palace Blue Palace Blue sparkles with energy. Stirring and impressive, a brighter blue for the days ahead.

17-1514 Ash Rose Sophisticated yet earthy Ash Rose introduces a new dimension, transforming this muted pink shade into a more grounded hue.

14-0121 Nile Green Calm and composed Nile Green is a breezy light green that brings a breath of fresh air to the palette, working well as a serene base for a myriad of shades in the Spring 2018 palette.

13-0646 Meadowlark The bold and lively Meadowlark, a confident and outgoing bright yellow shade highlights the Spring 2018 season, glistening with joy and illuminating the world around us.

15-1520 Blooming Dahlia With its seemingly suggestive scent, the subtly alluring Blooming Dahlia beckons us with its understated appeal.

18-3838 Ultra Violet Conveying originality and ingenuity, the magical Ultra Violet is a distinctive and complex purple shade that fascinates and intrigues.

18-1325 Spiced Apple Brown with a red undertone, the warm, wholesome and engaging Spiced Apple adds flavor to the Spring 2018 palette.

14-3207 Pink Lavender Pink Lavender is a soft and romantic violet rose that charms with its soothing sense of quiescence.

12-2103 Almost Mauve With its gentle petal like touch, delicate and ephemeral Almost Mauve adds a sense of nostalgia to the Spring 2018 palette.

17-1929 Rapture Rose Romantic and affectionate Rapture Rose is an artful rose red that brings a flirtatious charm to the Spring 2018 palette.

13-0550 Lime Punch Sharp and pungent, Lime Punch hits a chord with its strident and striking citrus like presence in the Spring 2018 palette.

			
PANTONE® 17-1563 Cherry Tomato	PANTONE® 18-4043 Palace Blue	PANTONE® 17-1514 Ash Rose	PANTONE® 14-0121 Nile Green
			
PANTONE® 13-0646 Meadowlark	PANTONE® 15-1520 Blooming Dahlia	PANTONE® 18-3838 Ultra Violet	PANTONE® 18-1325 Spiced Apple
			
PANTONE® 14-3207 Pink Lavender	PANTONE® 12-2103 Almost Mauve	PANTONE® 17-1929 Rapture Rose	PANTONE® 13-0550 Lime Punch



Image: Angie Jones



Pendant: lightcolorlive.com

PAST COLOURS OF THE YEAR

2017	2016-1	2016-2	2015	2014	2013	2012	2011	2010
PANTONE® 15-0343 Greenery	PANTONE® 13-1520 Rose Quartz	PANTONE® 15-3919 Serenity	PANTONE® 18-1438 Marsala	PANTONE® 18-3224 Radiant Orchid	PANTONE® 17-5641 Emerald	PANTONE® 17-1463 Tangerine Tango	PANTONE® 18-2120 Honeysuckle	PANTONE® 15-5519 Turquoise



behind the Colour of the Year selection.

"Ultra Violet is part of the purple family, however, there are many nuances of purple," she says. "Ultra Violet leans a bit more to the blue side exhibiting a more thoughtful, meditative and intuitive aspect to the color."

Think Big Thoughts

While last year's choice of Greenery provided "the reassurance we yearn for amid a tumultuous social and political environment," this year's choice reflects a time "that requires inventiveness and imagination."

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SEVERAL PLANT OF THE YEAR CHOICES TO STRIKE A GARDENER'S FANCY

Many horticultural organizations select a Plant of the Year, so for gardeners keen on a trendy flowerbed, there are many from which to choose. This year, the Perennial Plant Association picked Allium Millenium, the American Hosta Association chose World Cup Hosta and Proven Winners named two—perennial Heuchera Primo Black Pearl and annual Supertunia Bordeaux—as their 2018 picks.

Nancy Hanson, director with the Saskatoon Horticultural Society, is a member of the Gardenscape organizing committee. Pleased with Proven Winners' choice of Supertunia Bordeaux, it's one of her favourites. It's also conveniently colour-coordinated with the Pantone Colour of the Year, Ultra Violet.

"I have loved how it performs all summer long," she says. Supertunia Bordeaux has soft plummy-pink flowers with deep, rich plum-purple veins. It grows in a slightly molded shape six to 12 inches high, with a spread up to two feet wide. It can trail up to 30 inches. "It grows in full and partial sun, and needs at least four hours of sunlight per day. It blooms continuously and it's heat and drought tolerant. It doesn't need deadheading which is a wonderful bonus," says Nancy. "And it will attract butterflies and hummingbirds to your yard."



In 2018, we still seem steeped in tumult, and if you remember your chemistry class, too much Ultra Violet is bad without the filtering effects of the earth's atmosphere. But just the right amount is good for us. We've had our calming dose of green,

so now we need to get busy and creative.

"From exploring new technologies and the greater galaxy, to artistic expression and spiritual reflection, Ultra Violet lights the way to what is yet to come," Lee tells

HOME. "Complex and contemplative, Ultra Violet suggests the mysteries of the cosmos, the intrigue of what lies ahead and the discoveries beyond where we are now." (H)

Karin Melberg Schwier

(Lee has just released her 10th book: *The Complete Color Harmony*, Pantone Edition, Rockport/Quarto Publications. For more information about Lee and the Color Institute, visit: www.colorexpert.com.)

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HERB GARDENS



CRAIG SILLIPHANT



KARIN MELBERG SCHWIER

You know it's Italian night at my place when you can hear the smooth strains of Dean Martin wafting down the street. Recently, to try and impress my wife, I made sweet potato and Ricotta gnocchi from scratch, served with a brown butter sauce with shallots and fresh sage. Though I'm still working on my gnocchi shapes (so don't judge), this simple meal turned out surprisingly well. Bam! Wife impressed.

As I've written many times before, one of the keys to amazing meals is to use real, fresh ingredients. In this case, I've grown the sage in my very own herb garden. You'd be flabbergasted at the explosion of flavour something so simple can add to your cooking.

When we moved to our current home a couple of years back, we adopted pre-existing garden boxes. And while I am the furthest thing from a green

thumb (I'm lazy and I don't really like to get dirty), I do love to cook, so I decided to do some planting to have fresh herbs on hand. There is a time and place for dried herbs and you can buy fresh stuff at the grocery store (if you want to bring home a giant pack just to get a few useable sprigs), but it's wonderful to step out your back door and clip off some fresh basil, cilantro or in this case, sage.

That first year, I planted a few things that worked out well (so, anyone can do it!), but it was also trial and error. I asked my friend and fellow foodie Noelle Chorney, managing editor of *The Gardener Magazine*, about her herb garden, which I knew would be next level compared to mine.

"My goal when I grow things," says Noelle, "is that I can eat them. My herb garden gets more attention from me than the other



flowers that are around.”

Herbs can be grown in pots, but plants like to be in the ground where they can spread out. Luckily, herbs can grow with a little sunshine, soil that drains well, water and a fertilizer or compost.

Prepare the soil by loosening up dirt that has become compacted over time. You want to allow water to drain, as well as create space for plant roots to reach down. Then you can mix in about an inch of compost to the soil to prevent drainage problems and to fertilize the garden.

“Use well-drained soil that’s not too depleted,” says Noelle. “As long as it’s not drained of all nutrients, it should grow them just fine.”

Once you’ve planted either seeds or the plants themselves, it’s important to water them. Most herbs like to be watered

as soon as the soil a couple of inches below the surface is dry to the touch. I checked mine daily. And don’t over water; more water can lead to diseases or poor growing conditions.

Noelle’s herb garden is more elaborate than mine, hosting everything from kitchen staples like sage, oregano and thyme to more obscure plants like lovage. That’s a mostly European herb related to parsley; in fact, ‘lovage’ comes from ‘love-ache,’ a medieval name for parsley.

“I have spots for things that go to seed and can grow themselves,” she explains, “but I have spots for things that I have to plant every year.”

Upkeep is simple, but Noelle does point out that planning can be smart. Look up which plants need different levels of sunlight or shade and keep in mind that most herbs ➤



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CRAIG'S HOMEMADE SWEET POTATO GNOCCHI WITH BROWN BUTTER AND SAGE SAUCE



Gnocchi:	Sauce:
2 pounds sweet potatoes	1/2 stick unsalted butter
2/3 cup Ricotta cheese (full fat is best)	20 fresh sage leaves
1 large egg yolk	1 shallot
1 teaspoon salt	3/4 cup grated fresh Parmesan cheese
1/2 teaspoon finely ground black pepper	salt & pepper
1 1/4 cups all-purpose flour (approximate)	(Serves 4)

Poke holes in sweet potatoes and cook them in oven at 400 for about an hour (or microwave, wrapped in damp paper towel, for about 15 minutes each). The potato should be soft to the touch.

Let it cool enough that you don't burn your fingers, and then peel the skin away. Put the soft potato through a potato ricer into a bowl (you can mash it too, but the ricer is a great tool that gives you a consistent pulp).

Add the Ricotta, egg yolk, salt and pepper.

Why Ricotta? Sweet potato usually has more water than a regular potato so they need more flour to create soft gnocchi. You could add regular potato to even it out, but Ricotta won't dilute the natural sweetness like potato will.

Add a 1/2 of cup of flour at a time as you create a dough. Spread a bit of flour on your workspace. Take a baseball-sized ball of dough and roll it out into a one-inch roll. Use a knife to cut off the gnocchi pieces. Place them on a floured baking sheet.

Boil water in a pot while you also melt the butter and whisk it to a froth in a pan. Dice the shallots and add them and the sage leaves to the butter. Season with salt and pepper and add Parmesan, which will mostly melt. Cook until the butter is browned.

Cook gnocchi in boiling water. When they rise to the surface (which will be pretty quickly) remove them with a slotted spoon. Toss with sauce to coat. Garnish with grated Parmesan.

Put on Dean Martin. Enjoy!

can be fairly weedy.

"Mint is the worst of them," says Noelle. "I used to keep them in a pot, but I created a bed for them where it could just take over. I don't have the mint in with other stuff, because it'll take over everything. Mint will grow anywhere because it thrives in shady spaces."

To dry her herbs, Noelle has a cloth drying rack that she purchased from Lee Valley.

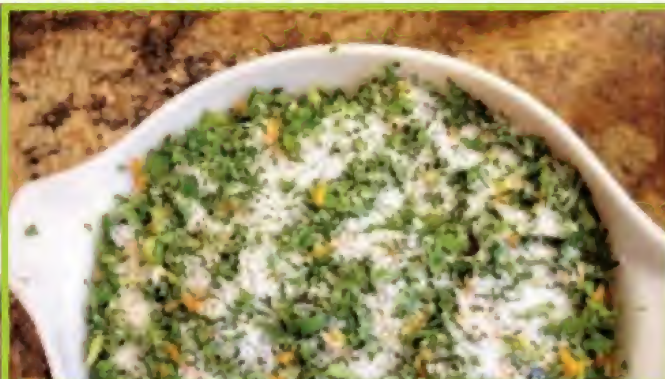
"When you open it up it hangs from the ceiling," she says. "You can just tie them in a bundle and hang them upside down if you don't have that. Dry them out of the sun because it preserves the oils. It takes five days or a week. Then you can crumble them

up and leave them in a jar if you want."

You can also freeze herbs for the winter, but Noelle stumbled on a method that blew her mind a few years back, called herbes salées.

"It's a French way of preserving herbs that I don't think the rest of English Canada has any clue about," she laughs. "It's fermenting, salt-preserving them. You make a mix of herbs and layer them with salt in between each layer. Let them sit in the fridge for a week, pack them into a jar and they'll last more than a year. They'll be salty, so you need to use them in something like soups or stews in the winter, not just sprinkle them

HERBES SALÉES



- 1 cup chives (fresh, chopped)
- 1 cup savoury (fresh, chopped)
- 1 cup parsley (fresh, chopped)
- 1 cup chervil (fresh, chopped)
- 1 cup carrots (grated)
- 1 cup celery leaves (chopped)
- 1 cup green onions (chopped)
- 1/4 to 1/2 cup coarse salt

In a large bowl, combine chopped chives, savoury, parsley, chervil, carrots, celery leaves and green onions (you can substitute some of these herbs if you like—what's most important is that they are fresh).

Layer an inch of herb mixture in the bottom of a crock and sprinkle with some of the salt. Repeat layers until all of the herb mixture and salt is used.

Cover and refrigerate for two weeks. Drain off liquid and pack herb mixture into sterilized jars. Refrigerate—herbes salées will often keep for up to a year in the refrigerator.



When storing dried herbs in sealer jars, ensure the herbs are thoroughly dry or they will mould.

on something. It's like having your herb garden outside, but in the winter. I plan to make a batch of that every year."

After spending a winter without fresh herbs, because I don't plan ahead like Noelle does, I might be ready to go a little further this year. But for someone who does not have a green thumb, planting this garden gave me a sense of accomplishment. It also gave

me a simple way to make my cooking better, to imbue meals with fresh flavours that were easy to keep at hand.

"I love the fresh taste of herbs," Noelle agrees. "I love being able to go out my back door and harvest something I've grown that just adds to much more to the meals that I make." 🌿

Craig Silliphant

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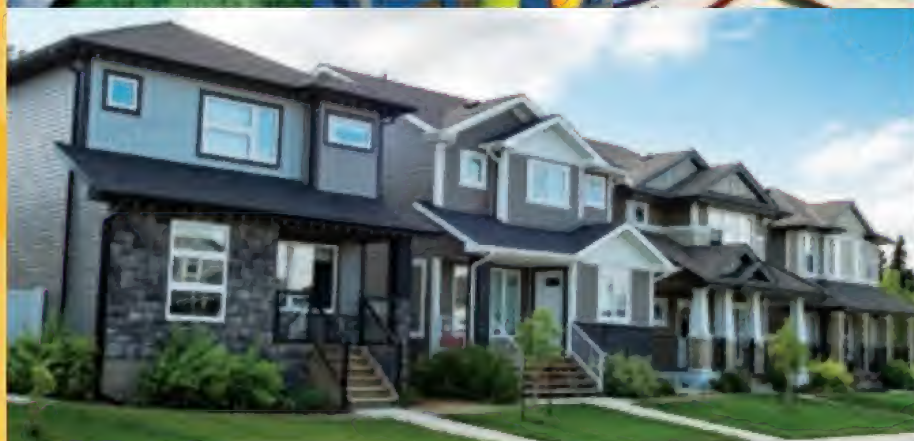
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THE SASKATOON SANATORIUM



Patients in the Saskatoon San, early 1950s. Keeping a sense of humour was critical to surviving a long stay.

It was November 1926, and the family had been living in a tent on the riverbank down by the railway bridge. The father was unable to work and he, his wife and their two youngest children depended on two older sons—itinerant woodcutters with families of their own—for their survival.

The boy had been sick for weeks, dragged down by a fever and an endless, hacking cough. Then came the day he spit up blood. A trip to the doctor confirmed the diagnosis: tuberculosis.

They called it “the white plague”, or “consumption” because of the way it ate its victims up, leaving them pale and wasted. It was the leading cause of death in Europe and North America well into the 20th century, mostly among the poor, the malnourished and the overcrowded, all of whom it killed by the millions.

In Canada the mortality rate for tuberculosis in 1900 was more than 200 per 100,000 people. By the mid-1920s, improvements in treatment and prevention had cut the national rate by more than half. In Saskatchewan it was even lower, at 44.2 per

100,000. Even so, a 1921 survey revealed that more than half of school-aged children in the province carried the infection in its latent form, a number that rose to 90 per cent among the First Nations populations tested (see sidebar).

Public health records from Saskatoon in the 1910s a dozen cases reported every year, nearly half of them fatal.

Most died at home, especially those who were too poor to afford a hospital but not poor enough to qualify for relief. When they did finally seek treatment, they were often too sick to be helped. In 1915, the city built a ten-bed



Aerial view of the Saskatoon Sanatorium, ca. 1940s.

Photo: Local History Room - Saskatoon Public Library - B 1696

“Tuberculosis Pavilion” behind City Hospital. Previously used as extra accommodations for scarlet fever sufferers, it was renovated and sun porches added, in order to create a ten-bed tuberculosis ward.

But it wasn’t enough, and the tendency of the disease to strike the poorest meant

that most sufferers stayed home, infecting everyone around them.

The only treatment was rest, good food, sunshine and fresh air. The first tuberculosis sanatorium had been built in 1863, in what is now Poland. Treatment aimed at the well-to-do—(who also caught ➤

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tuberculosis occasionally) and included Hungarian wine at supper and French cognac before bed, along with clean mountain air, rest, long walks in the sunshine and showering under icy mountain waterfalls.

The idea caught on, and not just for the rich. Canada's first sanatorium was built in Ontario around 1900. The Fort Qu'Appelle Sanatorium ("Fort San") was built in 1917, and in the fall of 1923, work began on a half-million dollar facility in Saskatoon. By 1953, there were more than 19,000 tuberculosis beds in Canada, in more than 60 sanatoria and dedicated hospital wards.

Work on the \$550,000 Saskatoon Sanatorium began in the fall of 1923 at a site in Wellington Park, at the south end of Avenue K. This was actually the third site considered. The other two—next to City Hospital on Queen Street by what is now Kinsmen Park, and at the University—had been shouted down in a flurry of outrage by good but fearful citizens.

The San stood three storeys, with beds for 123 patients (later increased to 175, including a

children's ward and a school room), glassed-in south-facing verandahs for patients to lie in the sun and a large, open-air balcony on the top floor for when the weather was nice. Among the first to be admitted when it opened in April 1925 were 32 patients transferred from Fort San, to bring them

closer to their homes in the north half of the province.

The Medical Superintendent was Dr. H.C. Boughton, who until his retirement in 1959 lived in the old Bowerman House next door to the San (a story covered in the Summer 2017 issue of Saskatoon HOME). Otherwise, with the excep-

tion of a few male orderlies, the medical staff were women: Miss Ellie Love, the "Lady Superintendent", her assistant, and 30-odd nurses and attendants, nearly all of whom lived in the Nurses Residence next to the Sanatorium. Later, as the number of physicians increased, four small houses were built on Avenue K to accommodate them, too.

Until the late 1940s, there was no real cure for tuberculosis beyond the body's own immune system. Except for the waterfalls and cognac, treatment remained much as it had been in 1863: bed rest, sunlight, fresh air and good food. Patients spent months, sometimes years, in hospital, waiting for that clean X-ray that said they could go home. But the death rate was still high, especially for those who weren't diagnosed early. From 1937–1962, more than 10,000 new patients were admitted to Saskatchewan's three sanatoria (the Prince Albert San opened in 1930). Of those, 4,000 died.

Six young residents behind the Sanatorium, 1930s.



Photo: Local History Room - Saskatoon Public Library - PH-91-179-55



A Christmas party and visit from Santa to the children's ward, 1950s.

Photo: Local History Room - Saskatoon Public Library - PH-88-8171

Students from Albert School lining up for a chest x-ray from a mobile testing station in 1950.



Photo: Archives of Saskatchewan – StarPhoenix Collection – S-SP-8295-1

Relapses were also common, and many patients went home with little or no improvement in their condition (sometimes simply because they couldn't afford to stay any longer). Of the 174 patients discharged from Saskatoon in 1928, for example, only nine were listed as cured outright. The numbers from Fort San were comparable. Province-wide, TB was responsible for 400 deaths that year. Overall, 391 people were reported to have died of TB in the province in 1928. It is perhaps an indicator of the need for more tuberculosis beds that most of them died at home.

As deadly as the disease was, the long stays in hospital were also a hardship. Treatment was expensive. In the 1920s, a stay at Fort San cost \$2.50 a day. This could be difficult for a family of even moderate means. For the poor, it was an impossibility. In such cases, the city grudgingly agreed to pay the cost, first demanding proof that all finances had been exhausted, and frequently requiring a

promise of repayment.

There was emotional hardship, too. Families were split apart, sometimes for years at a time. This was difficult for patients to bear, especially the young. While more than half the sick who entered the Saskatoon Sanatorium in 1928 were between the ages of 20–40, a quarter of patients treated were under the age of 20. There were 30 patients between the ages of 15 and 20, Plus an additional 25 children under the age of fifteen, including one newborn and several toddlers.

Staff and patients worked hard to make the long days bearable. Lists of donations made to the Sanatorium include things like toys and games, dolls, magazines and books, oranges, nuts and gum. Even cigarettes. There were also concerts and shows to make the time pass, particularly at Christmas, which invariably included a visit from Santa Claus, and stockings on Christmas morning.

In 1925, Saskatoon joined

the Urban Pool Agreement, a voluntary program aimed at spreading out the cost of treatment for indigents and reducing the burden on individual municipalities. But the number of tuberculosis

patients was rising steadily, and in 1929 the province passed legislation making the diagnosis and treatment of TB free for all.

This may have been the single most important ➤

Today, one-quarter of the world's people, mostly in Third World countries, carry TB in its latent form; that is, although infected, they're not actually sick or contagious. Of those, about one in ten will develop active TB. Left untreated, half will die. In 2016, TB killed one and a half million people, including 250,000 children.

In the 1980s, the appearance of drug-resistant strains combined with the spread of HIV/AIDS (which makes the victim 20–30 times more susceptible) has made the eradication of TB seem once again a distant dream.

Canada is lucky to have one of the lowest rates of TB in the world. But not for everyone. Historically, Canada's Indigenous peoples were the hardest hit by TB. In the 1920s, the mortality rate on reserves here was 40 times higher than the rest of the province. Today, while Indigenous Canadians make up only four per cent of the population, they account for a quarter of all active TB infections, with a rate of infection seven times the national average.



Educational poster, Great Britain, 1910.

Photo: Courtesy of US National Library of Medicine



change in the treatment of tuberculosis in Saskatchewan to date. Free diagnosis meant that even the poorest could now be tested. With the province on board, the goal of early detection across all sectors of the population became attainable. "Early discovery, early recovery" as

the saying goes. Early detection also meant a reduction in the number of "spreaders" — those actively infecting the people around them. And that was the key to controlling the disease.

In the late 1940s, antibiotics were introduced. Now, sunshine and bed rest weren't

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Photo: Local History Room • Saskatoon Public Library – LH 2607

the only cure. People began talking seriously about eradicating TB completely.

With antibiotics, the number of cases and lengths of hospital stays declined. So did the need for sanatoria. Prince Albert closed in 1961, Fort San in 1972. The last tuberculosis patient in Saskatoon

was discharged on June 26, 1978. By then, the San was mostly being used as a senior's home. In 1987, the seniors were moved out and the building left empty. Unable to find a buyer, and with the cost to modernize it prohibitive, the province ordered the San demolished in 1989.

The boy was sent to St. Paul's Hospital and the city quickly authorized payment for transfer to the Sanatorium. But the diagnosis had come too late, and within a week the disease had taken him. His name was Joseph. He was 14. (H)

Jeff O'Brien





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 JULIE BARNES

ROCK AROUND THE BLOCK

HOW TO PLAN AN UNFORGETTABLE BLOCK PARTY

The last Tragically Hip concert. A frozen banana stand. A mini zipline.

Those are just a few of the diverse ingredients residents of a block in Buena Vista have incorporated into their unparalleled block parties. Along

with a few of her fellow neighbours, Miranda Young has been organizing block parties on her street for three years. "We just thought we have a lot of cool neighbours and we would like to get to know them better, so it would

be a good excuse to have a little party," she says.

Spreading the Net

They've always erred on the side of inclusivity, spreading invitations beyond their block. "We made a Facebook event

and invited everyone we knew and got everyone to invite people. We invited people who weren't on our block too," she says noting that families on her block extended invitations to their friends. Miranda designed and printed invitations ➤



Photo: Miranda Young

TIPS TO GET STARTED

Organize a planning committee

Divide and conquer is the name of the game—enlist neighbours to help divvy up the duties from invitations, to food and activity planning, collecting signatures for the road closure and organizing tables, chairs and other necessities.

Spread the word

If most of your neighbours are on Facebook, creating a Facebook event is a simple way to spread the word. If not, e-invitations are a seamless solution if you have everyone's email address. For the first block party, printed invitations are likely the best way to go. On the day of your event, set up a sign-in sheet to gather email addresses for the following year if you'd prefer to go paperless next time.

Coordinate a food plan

Potluck style is popular. Consider asking odd-numbered houses to bring a salad or appetizer, and even-numbered to whip up desserts. And don't forget the drinks—one or two households can mix up lemonade or iced tea to ensure there are non-alcoholic options. If your community has a variety of cultural groups, asking each household to bring a traditional dish is a great way to try new foods and it's also a great conversation starter.

Choose your own adventure

The activity options for kids of all ages are endless: water balloon games, sidewalk chalk, ladder golf, cook-offs, bike parades (have the kids decorate their bikes with balloons and streamers), face painting, ice-breaker games, craft tables, ice cream socials, bean bag toss, treasure hunts, popcorn and a movie, progressive dining, volleyball and street hockey games. If any of your neighbours are musically inclined, ask them if they'd like to share their talents.



The key to a successful block party is to divide and conquer—enlist neighbours to help divvy up the duties.

Photo: Daria Malin

and enlisted neighbourhood kids to colour and deliver them to everyone's mailboxes.

Their inaugural block party had a Hawaiian luau theme, and that's where the banana stand comes into play. "One neighbour took charge of that and froze a bunch of bananas on sticks. We put some crock-pots out with chocolate and then dunked the bananas in chocolate and dipped them in peanuts or sprinkles," says Miranda. "We also had a luau-themed DJ booth and all the invitations were Hawaiian themed."

If that weren't enough excitement, a neighbour who owns a sporting goods store set up a mini zipline and a trampoline game. The street has a lot of young children, Miranda says, so kids' activities are always top-of-mind.

The activities evolve every year—from bouncy castles

to craft tables. Neighbours chipped in to rent the bouncy castle and Miranda helped the kids get crafty. "I just went to the dollar store and spent \$5 and I got some markers, little plates and ribbons so all the kids could make a little award for themselves. That was fun," she says. "You just bring out a folding table and some craft supplies and that entertains them for a bit."

The adults and kids equally enjoyed an alfresco airing of the final Tragically Hip concert during a block party they hosted two summers ago. "We hung a projection screen on the side of someone's house and projected the concert on the house. We all brought our blankets out and sat on the front lawn and watched it," says Miranda. In case that doesn't sound magical enough—they also set up a popcorn machine.



When planning your block party, think about the people in your neighbourhood. For some areas, kid-centred activities will be key. Others may have a population that calls for more adult-themed fun.

Party Planning—First Things First

Since we can't all move onto Miranda's block, as much as we might like to, it helps to know how to pull together a successful neighbourly gathering. There's a little bit of legwork to do before you break out your party pants.

If you plan to close off your street to traffic, you'll first need to visit the City of Saskatoon's website and print off their "Block Party request form".

Team up with neighbours and take the form door-to-door, visiting each home on your block to fill everyone in on your plans. You'll need 51 per cent of the households to sign the form, acknowledging their agreement to the road closure. The form, along with a \$20 application fee, must be submitted to the City at least five business days before your block party. On the day of the event, or the night before, City employees will drop off barricades at the ends of your street.

Take It Off the Street

But perhaps you're not planning a typical street party. Last year, the block I live on held a party in three different backyards, and we

supplied different appetizers at each stop. It was a low-key, bouncy-castle-free affair, as we have only three children on our street. Still, after chatting with Angela Hyra, I'm itching to up my block party game.

Angela and her neighbours in Willowgrove host an annual party called *Zimmerfest* in reference to the two streets that take part: Zimmer Crescent and Zimmer Terrace. "We call it our walking block party and it started with the idea of having a progressive dinner," says Angela. "We always do it on St. Patrick's Day weekend, and everybody who wants to get involved is assigned a country." Participants are asked to prepare a drink and a dish from their randomly assigned country, and everyone progresses from house to house, spending between 30 to 45 minutes at each location.

In the first year, Angela was assigned Cuba, so she prepared a rice and beans dish and mixed up mojitos. The following year, it was the U.S., so she offered sliders, Long Island Iced Tea and Coors. Last year, she served Mexican fare to her amigos: home- ➤

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Block parties are a wonderful way to get to know your neighbours and build a greater sense of community.

Photo: Daria Malin

made guacamole, mini tacos, tortillas, salsa and margaritas.


She offers up a solid tip for anyone organizing a house-to-house style gathering. "We always have a volunteer for the last house, because we usually end up staying at the last house a little longer." Unless you're willing to stay up late, you won't want to be

the host at the last house.

Zimmerfest is one of four annual parties Angela and her neighbours organize, but this one is adults-only. "We do our big block party in June, we have a breakfast in the fall and we usually do something at Christmas. We came up with this idea as something for just the adults to do."

More Than Just Hello

Whether it's summer or winter, kid-centred or adults-only, there's no denying that block parties are a fantastic way to create stronger connections in your community. Back in Buena Vista, Miranda has seen the benefits firsthand. "It's a good excuse to bring everyone together, because

everyone gets so caught up in their own stuff. All the neighbours got a lot closer after that first block party. When you see each other on the street, you say more than just hello now. You know their kids' names. It's just nice." 

Julie Barnes

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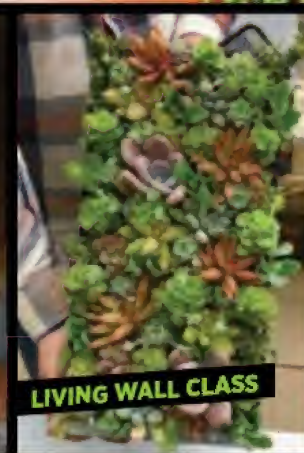
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